

Spiced Squash Soup

Serves 8. This recipe comes from Paraguay and provides nearly 2 “5 A Day” servings per person.

2 Tbsp. Butter
2 medium onions, chopped
2 medium carrots, chopped
2 cloves garlic, chopped
1 cup tomato puree
2 fresh, hot chilies, seeded and chopped
2.5 pounds butternut squash, peeled and cubed
5 cups low-sodium, chicken broth (remove fat)
Pepper to taste
Very small amount of salt (optional)
Lime wedges

In a large, non-aluminum saucepan, warm the butter over medium heat. Stir in the onions, carrots, and garlic. Cook for 3 minutes and then cover the pan. Lower heat and cook for 3 or 4 more minutes, until the vegetables are very tender. Stir in the tomato puree, chilies, butternut squash, and chicken broth. Bring the soup to a simmer and cook for 30 minutes. Mash the squash pieces with a potato masher or the back of a spoon (the soup does not need to be completely smooth), season to taste (optional) and serve. Pass lime wedges to be squeezed into each bowl of soup.

Nutritional Analysis Per Serving:

- Calories: 126, Total fat: 4 g, Saturated fat: 2 g, Cholesterol: 8 mg, Sodium: 207 mg, Dietary fiber: 5 g, Carbohydrates: 23 g, Protein: 4 g
- 1.8 “5 A Day” servings per person